

D&T (FOOD TECHNOLOGY): Programme of Study

<p><b>Prior learning:</b></p> <p><b>KEY STAGE 3</b></p>	<p>Prior learning at KS3 is extremely variable and depends on school facilities and staff being appropriately trained. If the school has followed the National Curriculum, pupils should understand what a healthy diet is, where some of their food comes from and how some meals are made. For the KS4 Programme of Study, it is assumed that students have limited savoury cooking skills.</p>					
<p><b>Content for:</b></p> <p><b>KEY STAGE 4</b></p> <p><b>(Adapted from National Curriculum subject content and GCSE specifications)</b></p>	<p>Students to learn how to make food safely and hygienically</p>	<p>Students to use a range of skills to make savoury snacks and meals</p>	<p>Students to analyse processed foods and understand the impact they have on physical and mental health</p>	<p>Students to learn about how food choices might affect their behaviour, temperament and ability to focus on tasks</p>	<p>Students to learn about the impact their food choices have on the environment</p>	<p>Students to learn about careers within the food industry</p>
<p><b>Taught content:</b></p> <p><b>Knowledge / skills</b></p>	<p>Students will be taught how to prepare and cook a range of foods safely and hygienically within a kitchen setting.</p> <p>Students will learn about the following key areas:</p>	<p>Students will be taught a range of skills that will enable them to make home-cooked, nutritious meals and snacks.</p> <p>Five key areas will be repeated and mastered throughout:</p>	<p>Students will be taught how to analyse processed foods and consider how they affect their health.</p> <p>This will include the ability to:</p>	<p>Students will develop a deeper understanding of how food choices might be affecting their mental health and capacity to learn.</p> <p>They will learn how:</p>	<p>Students will develop a deeper understanding of how food choices might impact their local environment and its footprint in the world.</p> <p>They will learn about:</p> <ul style="list-style-type: none"> <li>• the impact of meat production</li> </ul>	<p>Students will be taught some of the different pathways and careers that are involved in the food industry.</p> <p>They will learn about:</p> <ul style="list-style-type: none"> <li>• roles within the hospitality sector</li> <li>• the wider careers choices</li> </ul>

	<ul style="list-style-type: none"> <li>• bacterial growth</li> <li>• food storage</li> <li>• cross-contamination</li> <li>• personal hygiene.</li> </ul> <p>This will be assessed and evidenced through a student's ability to cook a range of savoury products using high-risk foods.</p>	<ul style="list-style-type: none"> <li>• knife skills</li> <li>• rolling and shaping</li> <li>• seasoning</li> <li>• time management</li> <li>• control of heat.</li> </ul> <p>By the end of KS3, students will be able to make several savoury meals from scratch.</p>	<ul style="list-style-type: none"> <li>• comprehend nutritional labelling</li> <li>• consider their own health and how food choices impact it</li> <li>• recognise a range of diet-related diseases and their causes</li> <li>• learn about basic nutrients and their role in a healthy diet</li> <li>• understand what a balanced lifestyle is</li> <li>• explore how their own diet will change throughout their lifetime.</li> </ul>	<ul style="list-style-type: none"> <li>• foods high in sugar can impact brain function</li> <li>• certain foods can help prevent behavioural problems</li> <li>• there is a link between food and sleep and the ability to focus</li> <li>• a healthy lifestyle is linked to a healthy mind.</li> </ul>	<ul style="list-style-type: none"> <li>• the impact of food miles on the world</li> <li>• the carbon footprint of their food choices</li> <li>• the future of food and new technology</li> <li>• how new ingredients and materials can help reduce their impact on the planet.</li> </ul>	<p>within the food industry</p> <ul style="list-style-type: none"> <li>• how to research local food careers.</li> </ul>
<p><b>Taught content:</b></p> <p><b>KS4 progression</b></p>	<p>This content will provide a strong foundation for progression to potential college courses and careers. More importantly, it will allow all students to have a solid foundation of savoury cooking skills and a sound knowledge of nutrition that they can rely on for the rest of their lives.</p>					
<p>The theory and skills content will be taught side-by-side and students will be continually focusing on how food affects their own wellbeing. The practical lessons will also have a theory focus and will show students how to make freshly cooked versions of commonly eaten ultra-processed foods. The key nutrition focus is not to teach about individual nutrients but to help students make the link between their food choices and the impact they have on health and wellbeing. The holistic approach fosters a love of cooking and inspires them to become inquisitive about how foods are made. The students will gradually be given greater independence and they will be encouraged to be creative with their food products and to develop pride in their work.</p>						

